



FEBRUARY



CARDIO STUDIO/POOL CLASSES

Monday

9.30 -10.30am – **Circuit and Spin** – A light and gentle workout to set you up for the week incorporating the Spin bikes and body toning exercises.

10.30 – 11.30am – **Evergreens (50+ Shape and Tone)** – Stretching and light exercises, suitable for all levels of ability.

6.00 – 6.45pm – **Spinning** - A great workout using static bikes with some popular music to cycle along to.

7:00 – 8:00 pm **Running Academy** – (New class now open to Men & Ladies) Aimed at the intermediate runner wanting to run a faster 5 or 10k. Focus on Speed, Endurance, Intervals & Technique

7.00 – 8.00pm – **Shallow Water Aquafit** – A water based aerobic session for a low impact all over body workout.

Tuesday

11:00 – 12.00pm – **Deep Water Aquafit** - Exercise in deep water with floatation belts to keep you buoyant.

6.00 – 6.45pm – **Sports Training** – A gym based workout focusing on strength & speed for athletes of all abilities.

7.00 – 8.00pm – **Total Body Conditioning** - A class to tone and strengthen the whole body.

Wednesday

9.30 – 10.30am – **Legs, Bums and Tums** – A class to shape, trim and tone these vulnerable areas of the body.

10.30 – 11.30am – **Pilates Based Exercises** - aiming to strengthen and stretch the body, while improving circulation and lung capacity.

12:15 – 1.15pm – **Shallow Water Aquafit** – A water based aerobic session for a low impact all over body workout.

6.00 – 6.45pm, 7.00 – 7.45pm – **Spinning** - A great workout using static bikes with some popular music to cycle along to.

Thursday

10.30 – 11.30am – **Evergreens (50+ Heartfit)** – A gentle workout to exercise your heart & soul, suitable for all levels of ability.

6.00 – 7.00pm – **Deep Water Aquafit** - Exercise in deep water with floatation belts to keep you buoyant.

6.15 – 7.00pm – **Spinning** - A great workout using static bikes with some popular music to cycle along to.

7.15 - 8.15pm – **Total Body Conditioning** – A class to tone and strengthen the whole body.

Friday

9.15 – 10.00am – **Spinning** - A great workout using static bikes with some popular music to cycle along to.

10.30 – 11.30 – **Shallow Water Aquafit** - A water based aerobic session for a low impact all over body workout.

10.30 – 11.30 – **Stretch & Sculpt** – Stretching and light exercises to strengthen & tone the whole body.

11:30 – 12.30pm – **Pilates Based Exercises** - aiming to strengthen and stretch the body, while improving circulation and lung capacity.

Saturday

7.30 – 8.30 am – **Masters Swim Drop-in Session** – Develop your swimming skills and stamina at this coached swim session for adults.

8.30 – 9.00 – **Triathlon Training** - Add an extra half an hour on to your swim with some running and cycle training.

9.15 – 10.00 – **Spinning** – A great way to set you up for the weekend with this energetic workout on bikes.

BOOK NOW TO SECURE A PLACE

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PAYMENT NEEDED AT TIME OF BOOKING DUE TO LIMITED SPACE

